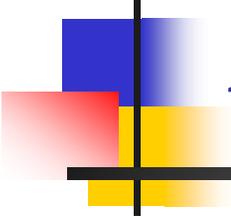
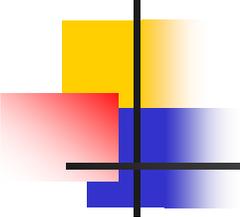


# LIVING WITH AMBIGUITY



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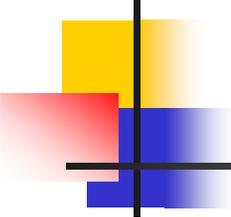
**Presented by Jan Plank**  
**ADOA Career Center**



# AMBIGUITY

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- **Derived from the Latin “ambiguitas”**
- **Doubtful or uncertain**
- **Vague**
- **Unclear**
- **Lack of information**



**WHAT IS .....**

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■ **Black and white and  
gray all over?**

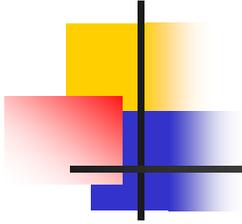
■ LIFE



## **HOW MANY OF US ....**

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- Are just waiting for “things to get back to normal around here!”**



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**■ WRITE  
ABOUT LEAF**

**SOME PEOPLE .....**

- **REALLY NEED CLOSURE!**

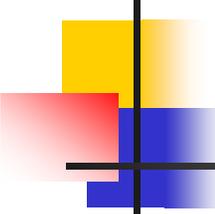




## **Do you prefer to...**

---

- **make sure things are planned ahead?**
- **be under an established deadline?**
- **follow a schedule?**



# REALITY

**THE  
WAY  
THINGS  
USED  
TO BE**

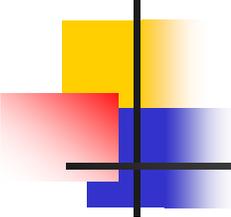
NOW -  
AMBIGUOUS;  
UNCERTAIN;  
SCARY

NEW  
REALITY

# AMERICANS ....



- **Are part of a fear based culture. Directly following the 9/11 tragedy, European visitors outnumbered Americans 10 to 1 at Disneyland and Disneyworld.**



## **NEWS MEDIA ....**

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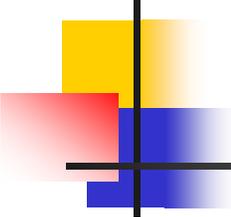


- **“If it bleeds, it leads.” This is the philosophy of the local nightly news. Stories that produce fear sell.**

**NAME .....**



- **THREE PRODUCTS THAT ARE SUCCESSFULLY MARKETED TO THE AMERICAN PUBLIC PRIMARILY BASED ON FEAR.**

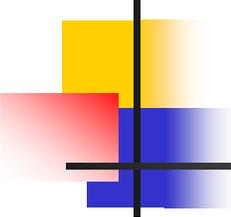


# WORRY

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- **When we worry about our future, we aren't staying focused and centered in the events taking place 'right now.' We may come off as insecure and lack confidence in ourselves.**



## **WORRY (con't)**

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- **YOU WON'T STOP WORRYING IF YOU THINK IT SERVES YOU.**
- **AS A TEENAGER, DID YOU EVER HEAR, "YOU BETTER START WORRYING ABOUT YOUR FUTURE!"**
- **WE ARE PROGRAMMED TO BELIEVE THAT SOMEHOW WE MUST WORRY!**

APRIL 3, 2006

www.time.com AOL Keyword: TIME

## SPECIAL REPORT GLOBAL WARMING

# TIME

**BE  
WORRIED.  
BE **VERY**  
WORRIED.**

Climate change isn't some vague future problem—it's already damaging the planet at an alarming pace. Here's how it affects you, your kids and their kids as well

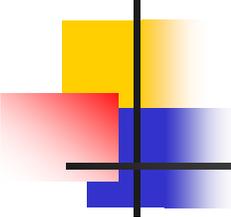
**EARTH AT THE TIPPING POINT**

**HOW IT THREATENS YOUR HEALTH**

**HOW CHINA & INDIA CAN HELP  
SAVE THE WORLD—OR DESTROY IT**

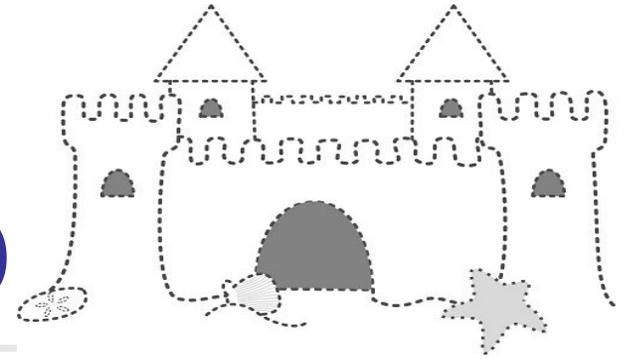
**THE CLIMATE CRUSADERS**



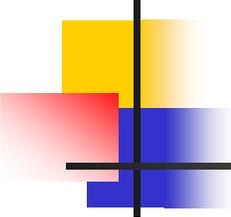


# WORRY (con't)

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- **Keep your “air castles” in check.**
- **What is the worst that could happen? Take some proactive steps to address that scenario rather than worrying about it.**



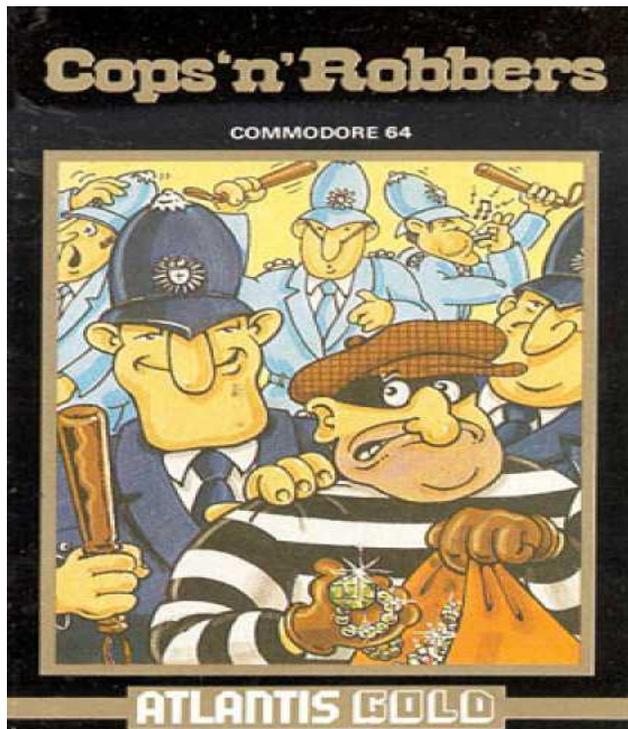
# **AMERICANS .....**

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- **Tend to think in absolutes ....**
- **People are “good” or “bad”**

# MEDIA SUPPORTS THIS

- **“Cops” and “robbers”**
- **“Hero” or “villain”**

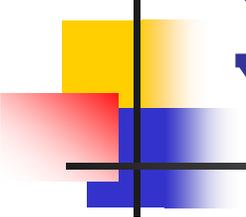


# THE HUMAN MIND...

- **Is easily programmed.**

**It repeats what it already knows, thinking this is the only way to handle situations.**





# **CRISIS MANAGEMENT MODEL YOU WERE RAISED WITH**

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- **A. “We don’t talk about that.”**
- **B. “Let’s eat ...”**
- **C. “Keep busy...”**
- **D. “Have a drink ....”**
- **E. “Don’t cry ...”**
- **F. “Focus on pleasant things.”**
- **G. “Let’s run away!”**



- **Does this model serve you well? If not, let it go. Replace it with a new model.**

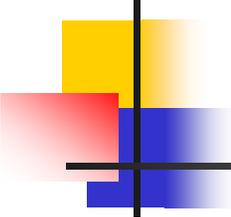




# TRY REARRANGING YOUR MENTAL FURNITURE



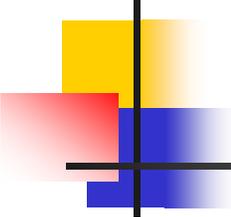
- **When a “worry” thought comes to mind, write it down.**
- **Make a daily appointment with yourself to “worry.”**
- **“From 6:30 - 7 pm every night I will worry. I cannot leave my worry chair until I’m done worrying.”**



# EXERCISE



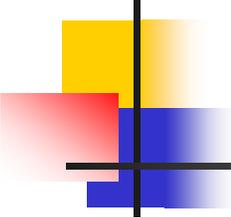
- **Your employer announces that one lucky employee will be the winner of a free weekend for two in Sedona - no entry was necessary. The drawing will be in the lobby at noon. Your first thought is:**
- ***A. “I ’ve won! When should we go?”***
- ***B. “I never win anything.”***
- ***C. “I ’m not going to attend the drawing so I won’t be disappointed.”***
- ***D. “Chances are I didn’t win but I’ll go check it out.”***



# EXERCISE



- **Your doctor's office calls you and says an x-ray result came back and they are ordering further tests. Your initial thought is:**
- ***A. "Oh no, I'm going to die."***
- ***B. "I don't feel like dealing with this now."***
- ***C. "It's nothing."***
- ***D. "It could be one of so many things - I need to know now!"***



# EXERCISE

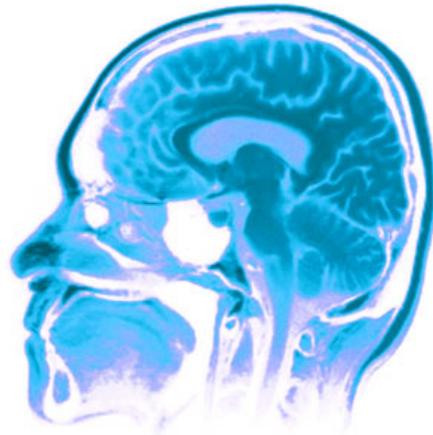
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- **Your spouse's employer announces they will be having a layoff. Your first thought is:**
- **A. *"It will be him."***
- **B. *"He's safe."***
- **C. *"What about our mortgage?"***
- **D. *"He's been there 20 years - they can't lay him off."***
- **E. None of the above**

# EXAMINE YOUR THOUGHTS

- **What has happened in the past that made your programmed mind react the way it did?**

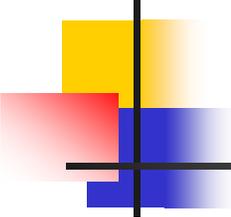




# BEING A WINNER



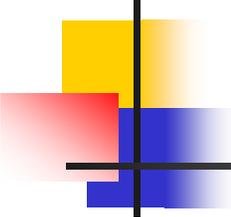
- **How many of us said, “I never win anything” when the drawing question was asked?**
- **Does never having won anything before affect your chances to win this drawing?**
- **Have you *really* never won anything in your *entire* life??**



## **CHANGING OUR THINKING ...**

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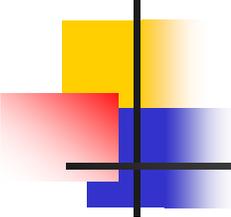
- ***TAKES CONSCIOUS EFFORT.***  
**We must learn to deal with each thought individually. This gives us the opportunity to change the thought patterns and programming that no longer moves us forward.**



# **NEXT STEPS**

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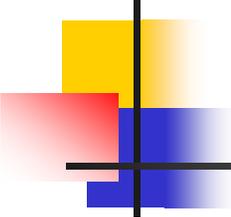
- **Always have a plan B - if you don't have a plan, eventually someone may have one for you!**
- **Have a two year career plan at all times and be in year one of that plan continuously.**



## **NEXT STEPS (con't)**

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- **Spend one hour a week managing your career.**
- **Visit your Career Center to discuss options and make sure you have a great Resume, Biographical Sketch and Reference List in place.**



# NEEDS VS. WANTS

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## ■ Needs

40k

Medical

30 minute commute

Leave by 5 p.m.

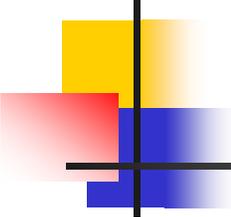
## Wants

50k

Dental

10 min.

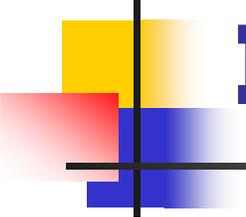
Telework  
option



# SUMMARY

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- **The new reality will also be filled with uncertainty.**
- **Commit to actively keeping your thoughts in check when you begin to worry.**
- **Resist the media's attempts to draw you into the frenzy.**
- **Have a plan B.**



**AND MOST  
IMPORTANTLY.....**

---

**■ BE PROACTIVE  
IN CARING FOR  
YOURSELF!**

# NEWSTART

- **N** UTRITION
- **E** XERCISE
- **W** ATER
- **S** UNSHINE
- **T** EMPERANCE
- **A** IR
- **R** EST
- **T** RUST

